

September 2024

Garrett County Lighthouse, a division of Archway Station, Inc.
20 East Oak Street
301-334-9126
Safe Harbor Crisis & Respite Care
301-334-9126 ext. 239 or



Check out our Facebook page for updates

- Psychiatric Rehabilitation Services
- Program Hours: 8:00 am- 1:00 pm
- Monday & Wednesday Bank & Wal-Mart
- Tuesday Local Shopping/Library
- Breakfast & Lunch (11:00AM) provided only at PRP
- Nursing and Medication Monitoring As Ordered
- Blood Pressure Screening on Mondays
- Case Management Everyday
- Rehabilitation Activities directed toward the development or restoration of skills including but not limited to: problem solving, health education, socialization,
- symptoms management, individualized services skills, conflict resolution, self care, independent living, nutrition education, recovery & life coaching, life skill activities & exercise
- Pre-Vocational Skills
- Community Integration/social skills i.e. library, parks, educational excursions, community events, museums etc.
- Accessing Entitlements
- Substance Abuse Prevention
- Accessing & Sustaining Housing
- Basic Living Skills & Supports
- Residential Rehabilitation Program

If you have a problem, comment or idea we are here to listen. Please bring it to our attention.



Medicaid recipients receive transportation to medical appointments by calling GTS at (301) 334-7726. GCLH provides transportation to and from local appointments, as well as to PRP. Please schedule 24 hours in advance by calling (301) 334-9126. Please HELP conserve resources. Thank you for your cooperation.



Treasure Chest Open Tuesday's 9am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 GCLH CLOSED FOR LABOR DAY!	3 Extended Local Shopping ADL—Local Shopping	4 Anger Management: Managing Frustration and Anger ADL—Walmart	5 	6 It's Fall Peeps!	7 You will do GREAT THINGS despite your ANXIETY
8 Kindness is the KEY TO Success	9 Self-compassion: "I'm fine, but I'm not" ADL—Walmart	10 Creative Therapy: Fall Wreaths ADL—Local Shopping	11 Bible Study Fresh Air Market ADL—Walmart	12 FALL Faith Family Friends pumpkins harvest COUNT YOUR BLESSINGS	13 Don't be ashamed of YOUR STORY, IT WILL inspire others.	14 FLANNELS, hayrides PUMPKINS CIDER, leaves BONFIRES
15 Leaves are Falling AUTUMN is Calling	16 Birthday Card Club ADL—Walmart	17 Self Care: How to Improve your Mental Wellbeing ADL—Local Shopping	18 Journaling: Looking for Good ADL—Walmart	19 apple cider crisp air hayrides family gatherings Thanksgiving candy corn pretty leaves GRATITUDE Autumn hot chocolate with marshmallows	20 STORY, IT WILL inspire others.	21 What is it called when a tree takes time off from work in autumn? Paid leaf.
22 Happy 1st Day Of Fall	23 Depression Group: Dealing with Tough Situations ADL—Walmart	24 Men & Women's Group: Resources for Independence ADL—Local Shopping	25 The Art of Storytelling: Paint Your Memories ADL—Walmart	26 INVEST in your MENTAL Health	27 Preston County Buckwheat Festival BUCKWHEAT FESTIVAL	28
29 GASP! HOW COULD YOU?!	30 Support Group: 4 Things Affecting Your Mental Health and 4 Things You Can Do About It ADL—Walmart					